I. IDENTITAS RESPONDEN

KUESIONER PENELITIAN

DATA IDENTITAS RESPONDEN

(dikumpulkan sekali dalam penelitian)

Di bawah ini adalah *form* data pribadi responden, silakan Anda mengisi kuisioner berikut ini dengan jawaban yang sebenarnya. Terima kasih atas kesediaan Anda.

Nama

Jenis kelamin

Tempat dan ta

No. HP

Umur

Berat badan

Tinggi badan

Pendidikan

Daerah asal

Jadwal latihan

II. *RECALL* 24 JAM MAKANAN RESPONDEN

Nama :
Umur :
Hari/ tanggal :
Jenis kelamin : L / P

Alergi/pantangan/suka/tak suka terhadap makanan : ……

WAKTU MAKAN	HIDANGAN	BAHAN MAKANAN	BERAT	
			URT	GRAM
Pagi (sarapa Jam ……..				
Selingan / jajanan Jam ……..				
Siang Jam ……				
Jajanan / selingan sore Jam ……				
Malam Jam ……				

URT = Ukuran Rumah Tangga, misalnya : piring, sendok, gelas.

III. *RECALL* 24 JAM AKTIVITAS FISIK RESPONDEN

Kegiatan yang dilakukan dalam satu minggu

Hari \ Waktu		Pagi (06.00 – 10.00)	Siang (10.00 – 14.00)	Sore (14.00 – 18.00)	Malam (18.00 – 22.00)
Senin	Jenis Kegiatan (jumlah jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)
Selasa	Jenis Kegiatan (jumlah jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)
Rabu	Jenis Kegiatan (jumlah jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)
Kamis	Jenis Kegiatan (jumlah jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)
Jumat	Jenis Kegiatan (jumlah jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)
Sabtu	Jenis Kegiatan (jumlah jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)
Minggu	Jenis Kegiatan (jumlah jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)	1. (….. jam) 2. (….. jam) 3. (….. jam)

LEMBAR KUISIONER PENGETAHUAN GIZI

Pilihlah salah satu jawaban yang Anda anggap paling benar dan berilah tanda (x) pada jawaban tersebut.
Skor : Ya : 1
Tidak : 0

1. Yang dimaksud dengan makanan yang bergizi adalah:
   a. Makanan yang mengandung lemak
   b. Makanan yang mengandung nutrisi yang baik bagi tubuh
   c. Makanan yang tinggi karbohidratnya
   d. Makanan yang tinggi proteinnya

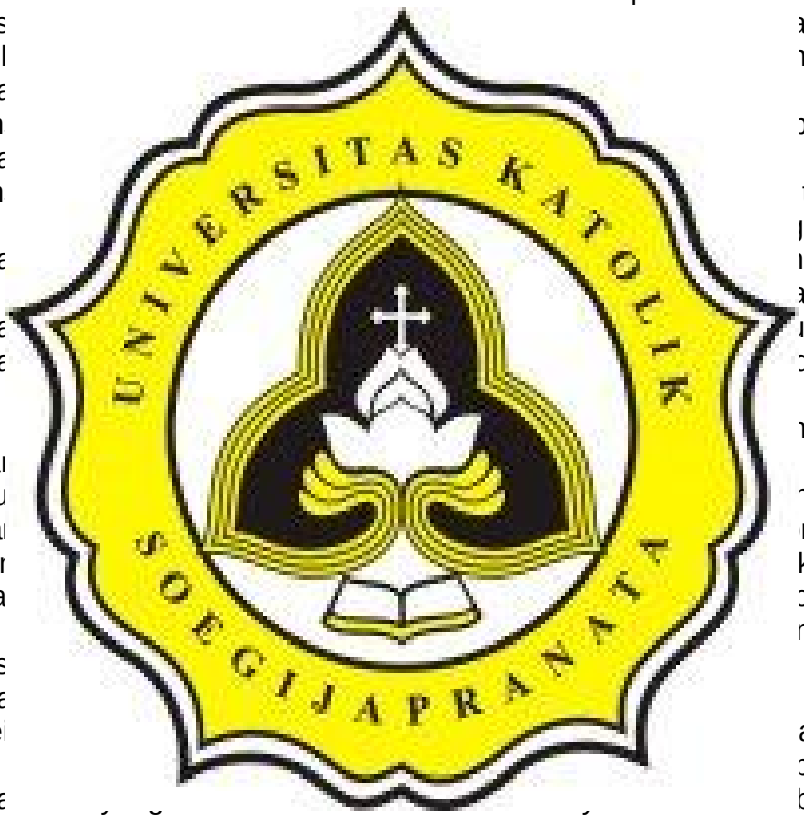
2. Yang dimaks
   makanan pol
   a. Bahan ma
      dikonsum
   b. Bahan ma
      dikonsum
      yang lain
   c. Bahan ma
      protein
   d. Bahan ma
      vitamin da

3. Di bawah ini
   bahan maka
   a. Nasi, jagu
   b. Wortel, ja
   c. Telur, ikar
   d. Apel, pisa

4. Yang dimaks
   a. Bahan ma
      dari prote
      tubuh
   b. Bahan ma
      dari karbohidrat yang diperlukan oleh tubuh
   c. Bahan makanan yang telah dimakan dan akan diuraikan menjadi zat gizi
   d. Bahan makanan sumber tenaga yang akan diuraikan menjadi zat gizi

5. Sumber zat gizi tenaga berasal dari:
   a. Protein
   b. Karbohidrat
   c. Mineral
   d. Vitamin

6. Guna zat gizi sumber tenaga bagi tubuh adalah:
   a. Untuk mengatur kelancaran metabolisme dalam tubuh
   b. Untuk pembakaran tubuh, pembentukan jaringan baru
   c. Untuk pertumbuhan dan pengganti



10. Sebaiknya orang minum air dalam sehari sebanyak:
    a. 200 – 800 cc
    b. 200 cc
    c. 1400 – 1600 cc
    d. 1000 – 1200 cc

---- Terima Kasih -----

Lampiran 2. Tabel Angka Kecukupan Gizi 2004 Bagi Orang Indonesia

No	Kelompok Umur	Berat badan (kg)	Tinggi badan (cm)	Energi (Kkal)	Protein (g)	Vit.A (RE)	Vit D (ug)	Vit E (mg)	Vit K (ug)	Tiamin (mg)	Ribo-flavin (mg)	Niasin (mg)	Asam folat (ug)	Piridok-sin (mg)	Vit. B12 (ug)	Vit.C (mg)	Kalsium (mg)	Fosfor (mg)	Magne-sium (mg)	Besi (mg)	Yodium (ug)	Seng (mg)	Sele-nium (ug)	Mangan (mg)	Fluor (mg)
	Anak																								
1	0-6 bl	6	60	550	10	375	5	4	5	0,3	0,3	2	65	0,1	0,4	40	200	100	25	0,5	90	1,3	5	0,003	0,01
2	7-12 bl	8,5	71	650	16	400	5	5	10	0,4	0,4	4	80	0,3	0,5	40	400	225	55	7	90	7,5	10	0,6	0,4
3	1-3 th	12	90	1000	25	400	5											)	60	8	90	82	17	1,2	0,6
4	4-6 th	17	110	1550	39	450	5											)	80	9	120	9,7	20	1,5	0,8
5	7-9 th	25	120	1800	45	500	5											)	120	10	120	11,2	20	1,7	1,2
	Laki-laki																								
6	10-12 th	35	138	2050	50	600	5											0	170	13	120	14	20	1,9	1,7
7	13-15 th	46	150	2400	60	600	5											0	220	19	150	17,4	30	2,2	2,3
8	16-18 th	55	160	2600	65	600	5											0	270	15	150	17	30	2,3	2,7
9	19-29 th	56	165	2550	60	600	5											)	270	13	150	12,1	30	2,3	3
10	30-49 th	62	165	2350	60	600	5											)	300	13	150	13,4	30	2,3	3
11	50-64 th	62	165	2250	60	600	1(											)	300	13	150	13,4	30	2,3	3
12	60+ th	62	165	2050	60	600	1!											)	300	13	150	13,4	30	2,3	3
	Wanita																								
13	10-12 th	37	145	2050	50	600	5											0	180	20	120	12,6	20	1,6	1,8
14	13-15 th	48	153	2350	57	600	5											0	230	26	150	15,4	30	1,6	2,4
15	16-18 th	50	154	2200	50	600	5											0	240	26	150	14	30	1,6	2,5
16	19-29 th	52	156	1900	50	500	5											)	240	26	150	9,3	30	1,8	2,5
17	30-49 th	55	156	1800	50	500	5											)	270	26	150	9,8	30	1,8	2,7
18	50-64 th	55	156	1750	50	500	1(											)	270	12	150	9,8	30	1,8	2,7
19	60+ th	55	156	1600	50	500	1!											)	270	12	150	9,8	30	1,8	2,7
	Hamil (+an)																								
20	Timester 1			+180	+17	+300	+(												+30	+0	+50	+1.7	+5	+0.2	+0.2
21	Timester 2			+300	+17	+300	+(												+30	+0	+50	+1.7	+5	+0.2	+0.2
22	Timester 3			+300	+17	+300	+(												+30	+0	+50	+1.7	+5	+0.2	+0.2
	Menyusui (+an)																								
23	6 bl pertama			+500	+17	+350	+0	+4	+0	+0.3	+0.4	+3	+100	+0.5	+0.4	+45	+150	+0	+30	+6	+50	+4.6	+10	+0.8	+0.2
24	6 bl kedua			+550	+17	+350	+0	+4	+0	+.03	+0.4	+3	+100	+0.5	+0.4	+45	+150	+0	+30	+6	+50	+4.6	+10	+0.8	+0.2

Lampiran 3. Daftar Konversi Makanan

nasi, pasta, dan mie						
No	**Jenis**	**Berat**	**Energi (kkal)**	**Protein (g)**	**KH (g)**	**Lemak (g)**
1	bakmie goreng	450,0	527,0	8,4	57,5	30,8
2	bubur ayam	200,0	264,8	20,9	32,3	5,8
3	kwetiau goreng	450,0	396,0	10,7	62,0	10,8
4	kwetiau kuah	450,0	330,0	10,7	62,0	10,8
5	lontong	150,0	237,3	2,8	54,1	0,1
6	mie ayam	450,0	459,0	27,9	47,3	17,6
7	mie bakso	450,0	513,0	23,9	73,8	13,5
8	mie hijau	450,0	393,0	15,0	72,3	4,7
9	mie instan cup + kuah	80,0	272,0	6,3	37,2	10,9
10	mie instan goreng	100,0	420,0	7,0	57,0	18,0
11	mie instan rebus	100,0	310,0	6,0	45,0	12,0
12	mie pangsit	450,0	472,5	26,6	42,3	22,1
13	nasi gor				2	18,7
14	nasi gor				5	19,4
15	nasi gor				2	19,9
16	nasi gor				2	19,0
17	nasi gor				4	19,5
18	nasi kun				3	49,0
19	nasi mer				0	0,8
20	nasi puti				3	0,6
21	nasi tim				0	0,8
22	soun go				4	51,0
23	spaghett				7	4,6
24	tamie sir				3	22,2
25	yamin				3	9,3
26	bihun ku				7	23,0

No					)	**Lemak (g)**
1	ayam bac				5	23,7
2	ayam bal				2	34,0
3	ayam bal				0	27,2
4	ayam bu				7	19,2
5	ayam bu				5	12,3
6	ayam bu				7	25,3
7	ayam go- -g				,5	19,8
8	ayam goreng KFC	175,0	469,0	37,2	14,8	29,0
9	ayam goreng khas padang	165,0	358,9	18,3	1,0	31,0
10	ayam goreng kuning	160,0	330,2	25,8	7,2	24,0
11	ayam goreng tepung	170,0	377,0	54,1	2,8	15,1
12	ayam kremes	130,0	310,7	21,3	10,8	20,9
13	ayam masak swikke	165,0	204,9	14,4	7,0	13,2
14	ayam mentega	160,0	429,0	35,1	13,3	25,2
15	ayam rendang	165,0	317,5	33,5	2,5	14,4
16	ayam tim	160,0	293,0	17,0	2,3	23,0
17	babat	85,0	91,8	15,0	0,0	3,6
18	bakmoy	100,0	409,0	31,0	58,4	40,0
19	bakso kuah	150,0	430,0	24,0	64,0	39,0
20	bakso tenis	250,0	452,0	25,0	68,0	41,0
21	bebek goreng	120,0	360,0	28,8	5,4	24,8

22	bebek panggang	125,0	421,0	23,7	0,0	35,4
23	bebek peking	25,0	744,0	84,0	105,6	81,0
24	bistik sapi	145,0	727,0	82,0	103,2	79,0
25	chicken fillet	25,0	71,0	3,3	5,3	4,0
26	daging masak kapri	160,0	737,0	83,0	104,8	80,0
27	daging masak pedas	150,0	688,0	77,0	97,6	75,0
28	daging sapi goreng tepung	165,0	753,0	85,0	107,2	82,0
29	daging sapi lada hitam	25,0	744,0	84,0	105,6	81,0
30	empal sapi goreng	30,0	74,4	10,9	3,0	2,1
31	galantin	60,0	763,0	72,0	107,2	76,0
32	gandul	110,0	755,0	71,0	106,4	75,0
33	garang asem	125,0	710,0	67,0	100,0	71,0
34	gulai daun singkong	120,0	774,0	29,0	129,6	67,0
35	gulai kambing	120,0	765,0	86,0	108,8	83,0
36	hati ayam	25,0	65,3	6,9	4,0	4,0
37	nugget a				8	4,0
38	opor aya				8	52,0
39	oseng cu				2	21,0
40	oseng ig				5	23,0
41	oseng ki				8	23,0
42	oseng ta				0	22,0
43	pangsit a				9	2,4
44	pindang				0	57,0
45	pindang				2	57,0
46	pindang				6	56,0
47	rawon				0	3,8
48	rempela				4	52,0
49	rendang				7	11,9
50	sambal g				8	9,0
51	sambal g				8	19,0
52	sate ayar				2	10,7
53	sate babi				2	62,0
54	sate kam				0	8,6
55	sate kerb				8	61,0
56	sate sapi				4	12,1
57	sate sosi				0	6,0
58	sate usus				2	2,3
59	sayap go				3	18,5
60	sosis aya				1	7,0
61	sosis bab				8	71,0
62	soto ayam	135,0	1195,0	112,0	168,0	115,0
63	soto betawi	200,0	270,0	5,0	23,0	17,6
64	soto daging	200,0	1234,0	116,0	173,6	118,0
65	soto kudus	200,0	76,0	5,2	3,6	4,6
66	steak ayam	180,0	1155,0	108,0	162,4	111,0
67	sup aneka bakso	70,0	591,0	44,0	84,0	55,0
68	sup buntut	125,0	88,8	9,4	2,8	4,5
69	sup daging	125,0	61,3	7,2	6,6	0,6
70	sup iga sapi	70,0	615,0	46,0	88,0	58,0
71	sup sosis	75,0	604,0	57,0	84,8	61,0
72	tongseng ayam	165,0	598,0	67,0	84,8	66,0
73	tongseng daging	165,0	598,0	67,0	84,8	66,0

ikan dan *seafood*						
No	**Jenis**	**Berat**	**Energi (kkal)**	**Protein (g)**	**KH (g)**	**Lemak (g)**
1	bandeng bakar	130,0	555,0	62,0	78,4	62,0
2	bandeng presto	135,0	399,6	23,1	15,3	2,7
3	bawal goreng	250,0	604,0	68,0	85,6	67,0
4	cumi cabai hijau	210,0	606,0	68,0	86,4	67,0
5	cumi goreng mentega	230,0	572,0	64,0	80,8	63,0
6	cumi goreng tepung	230,0	630,0	71,0	89,6	69,0
7	cumi rica-rica	210,0	613,0	69,0	87,2	68,0
8	dorang bakar kecap	200,0	589,0	66,0	84,0	65,0
9	fillet kakap	195,0	604,0	68,0	85,6	67,0
10	gurami asam manis	315,0	604,8	40,0	40,0	31,8
11	gurami bakar	310,0	589,0	66,0	84,0	65,0
12	gurami bumbu rujak	320,0	604,0	68,0	85,6	67,0
13	gurami goreng	300,0	611,0	69,0	86,4	67,0
14	ikan bun				)	65,0
15	ikan bun				3	67,0
16	kakap g				4	67,0
17	kepiting				3	77,0
18	kepiting				3	3,0
19	lele gore				4	73,0
20	mangut				3	67,0
21	panggan				3	67,0
22	pangsit				4	26,2
23	semur k				)	60,0
24	sup ikan				)	66,0
25	sushi				3	67,0
26	tengiri g				3	67,0
27	udang c				4	64,0
28	udang g				)	68,0

No					)	**Lemak (g)**
1	asem-ase				4	15,0
2	botok pe				)	9,0
3	botok te				8	9,0
4	ca broko				4	9,0
5	ca kacan				2	9,0
6	ca kangk				)	10,0
7	ca sawi	60,0	73,0	1,0	18,4	9,0
8	ca siem	65,0	75,0	1,0	19,2	9,0
9	capcay goreng	100,0	97,0	5,8	4,2	6,3
10	gado-gado	300,0	411,0	18,3	63,0	9,6
11	gudeg	230,0	388,7	7,6	36,8	21,2
12	kering tahu tempe	35,0	138,0	3,0	28,0	14,0
13	kering tempe	35,0	125,0	9,0	17,6	16,0
14	lentog	75,0	125,0	2,0	29,6	14,0
15	orak-arik sayuran	70,0	125,0	2,0	29,6	14,0
16	oseng buncis	55,0	112,0	2,0	24,8	12,0
17	oseng daun singkong	50,0	123,0	2,0	28,8	14,0
18	oseng kangkung	50,0	125,0	2,0	29,6	14,0
19	oseng tempe lombok hijau	55,0	125,0	2,0	29,6	14,0
20	pecel	160,0	388,8	17,8	50,8	20,0
21	plecing kangkung	110,0	82,5	2,8	11,0	3,1

22	sambal goreng tahu	60,0	172,0	3,0	39,2	19,0
23	sambal goreng terong	110,0	176,0	3,0	40,0	19,0
24	sapo tahu	125,0	178,0	3,0	40,8	19,0
25	sayur asem	60,0	17,4	0,4	3,0	0,4
26	sayur asin	120,0	176,0	3,0	40,0	19,0
27	sayur bening	100,0	178,0	3,0	40,8	19,0
28	sayur brokoli	100,0	172,0	3,0	39,2	19,0
29	sayur lodeh	125,0	300,0	11,4	38,3	15,6
30	setup sayuran	85,0	140,0	3,0	28,8	15,0
31	sup asparagus	125,0	415,0	16,0	68,8	37,0
32	sup brokoli	75,0	374,0	14,0	62,4	34,0
33	sup jawa	110,0	376,0	14,0	63,2	34,0
34	sup kembang kol + bakso	70,0	376,0	14,0	63,2	34,0
35	sup kol kentang wortel	95,0	335,0	13,0	55,2	30,0
36	sup makaroni	70,0	370,0	14,0	61,6	33,0
37	sup pang				2	34,0
38	sup mix				2	34,0
39	sup rump				0	35,0
40	sup sawi				5	31,0
41	sup sayu				9	1,7
42	tahu bac				0	35,0
43	tahu telu				1	34,8
44	tumis da				0	26,0
45	tumis ka				5	23,0
46	tumis ka				2	26,0
47	tumis pu				4	25,0
48	urapan				3	4,6

No					)	Lemak (g)
1	omelet is				5	9,9
2	orak-aril				7	9,7
3	sambal g				7	8,8
4	sate telu				1	3,3
5	telur asi				1	9,3
6	telur bac				1	6,4
7	telur bac				2	8,9
8	telur bur				7	8,8
9	telur dad				7	9,7
10	telur dadar kecap	50,0	129,1	8,5	1,2	9,8
11	telur fuyunghai	60,0	136,5	10,3	0,7	10,0
12	telur isi sosis	67,5	149,0	10,0	0,8	11,5
13	telur mata sapi	52,5	103,0	7,2	0,4	7,8
14	telur omelet daun bawang	52,5	105,0	7,2	0,4	7,9
15	telur puyuh bacem	55,0	100,0	8,2	0,3	7,0
16	telur rebus	50,0	93,0	7,6	0,7	6,4

makanan selingan

No	Jenis	Berat	Energi (kkal)	Protein (g)	KH (g)	Lemak (g)
1	bakpau	100,0	170,0	13,0	24,0	20,0
2	bakwan jagung	50,0	176,0	10,0	26,4	19,0
3	bakwan sayuran	50,0	140,0	4,1	19,5	5,1
4	batagor	100,0	172,0	13,0	24,8	20,0

5	bika ambon	60,0	196,2	0,1	47,3	1,1
6	bola ayam	30,0	161,0	12,0	23,2	19,0
7	bola tahu asam manis	75,0	153,0	11,0	21,6	18,0
8	bolu gulung	60,0	166,0	12,0	24,0	19,0
9	bolu lapis	60,0	168,0	13,0	24,0	20,0
10	bubur kacang ijo	130,0	137,8	5,1	19,0	4,7
11	burger	200,0	572,0	25,1	48,7	30,8
12	donat salju	60,0	172,0	10,0	25,6	18,0
13	donat sate	60,0	194,0	11,0	28,8	20,0
14	donat wijen	60,0	99,0	6,0	14,4	12,0
15	jagung bakar	80,0	103,0	4,0	16,8	11,0
16	kentang goreng	115,0	380,7	4,0	46,1	20,0
17	lapis	60,0	101,0	4,0	16,8	11,0
18	lemper isi ayam	60,0	99,0	7,0	14,4	13,0
19	martabak	60,0	119,4	2,1	22,2	2,5
20	martabal				7	3,1
21	martabal				8	53,0
22	nangka g				0	10,0
23	pangsit g				5	10,0
24	perkedel				7	5,0
25	perkedel				0	9,0
26	pizza				5	18,0
27	rolade ay				2	38,0
28	rolade ta				4	40,0
29	roti abor				2	15,0
30	roti baka				2	15,0
31	roti boy				2	10,0
32	roti cokl				2	2,4
33	roti duri				0	9,0
34	roti kaca				2	10,0
35	roti kaca				2	10,0
36	roti keju				5	10,0
37	roti kism				2	15,0
38	roti moc				8	15,0
39	roti onsb				5	15,0
40	roti pisar				4	11,0
41	roti pisar				2	12,0
42	roti pizz				2	10,0
43	roti selai				9	0,7
44	roti tawa				0	0,6
45	sereal	120,0	190,0	2,0	20,0	1,0
46	singkong goreng	60,0	171,0	0,6	16,8	10,8
47	siomay	125,0	140,0	14,4	11,9	3,3
48	tahu bacem	55,0	140,0	5,0	24,0	14,0
49	tahu bakso	52,5	142,0	5,0	24,0	14,0
50	tahu fantasi	55,0	142,0	5,0	24,0	14,0
51	tahu goreng	55,0	63,3	5,3	1,4	4,7
52	tahu isi sayuran	100,0	148,0	6,0	24,0	15,0
53	tahu isi udang	60,0	151,0	6,0	24,8	15,0
54	tahu mendoan	60,0	151,0	6,0	24,8	15,0
55	tempe bacem	52,5	144,0	8,0	21,6	16,0
56	tempe goreng	52,5	183,8	12,9	5,5	14,0
57	tempe goreng tipis	25,0	91,9	6,4	2,7	7,0
58	tempe mendoan	60,0	144,0	8,0	21,6	20,0

makanan ringan (snack)						
No	**Jenis**	**Berat**	**Energi (kkal)**	**Protein (g)**	**KH (g)**	**Lemak (g)**
1	biskuat	93,6	455,0	6,5	65,0	19,5
2	biskuit selamat	102,0	476,0	3,4	68,0	20,4
3	bolu keju (keju cake)	16,0	70,0	3,0	7,0	3,0
4	chiki	12,0	60,0	1,0	8,0	3,0
5	cokelat bar (silverqueen)	68,0	362,7	9,1	36,3	22,7
6	es krim (magnum)	86,0	260,0	3,0	25,0	16,0
7	genji pie monde	70,0	320,0	4,0	32,0	20,0
8	gimbal udang	30,0	105,3	8,2	15,5	1,2
9	goodtime	84,0	408,2	6,1	57,2	17,1
10	keripik kentang (Chitato)	19,0	101,3	1,3	10,1	5,7
11	keripik kentang (Leo)	25,0	141,7	0,8	14,2	9,2
12	keripik tempe	15,0	87,2	1,8	6,3	6,1
13	kerupuk bawang	15,0	78,5	0,7	10,0	4,3
14	kerupuk udang	15,0	71,6	0,7	10,3	3,1
15	kerupuk				2	2,5
16	oreo				5	28,8
17	pop corn				7	11,7
18	pringles				4	30,3
19	puding				0	1,5
20	rempeye				7	1,2
21	timtam				1	25,4
22	waffer (N				0	30,0
23	waffer (T				0	16,0

No					)	**Lemak (g)**
1	apel				9	0,3
2	jeruk				3	0,2
3	melon or				4	0,3
4	nangka				4	1,1
5	pear				3	0,2
6	pepaya				7	0,4
7	pisang ai				2	1,0
8	pisang m				3	0,2
9	rujak bu				4	0,6
10	semangk				4	0,4
11	strawber				5	0,5
12	tomat mer	25,0	6,0	0,3	1,2	0,1

minuman						
No	**Jenis**	**Berat**	**Energi (kkal)**	**Protein (g)**	**KH (g)**	**Lemak (g)**
1	es blewah	180,0	97,9	0,8	24,7	0,2
2	es buah	200,0	134,9	0,4	34,9	0,1
3	es dawet	200,0	266,0	1,7	58,6	2,7
4	es jeruk	150,0	69,0	0,1	18,6	0,0
5	es kelapa muda	180,0	97,9	0,5	23,5	0,5
6	es kolak	250,0	316,0	2,8	65,7	6,5
7	es kopyor	180,0	394,0	5,8	79,4	5,7
8	es krim cup (populair)	64,5	100,0	1,0	12,0	5,0
9	es melon	170,0	94,9	1,3	21,8	0,9
10	es teller	175,0	500,0	2,0	85,0	17,0

11	jus alpukat	160,0	256,0	3,2	13,7	23,5
12	jus durian	160,0	240,0	3,0	12,8	22,0
13	jus jambu	160,0	140,0	0,0	34,0	0,0
14	jus jeruk	160,0	110,0	2,0	25,4	0,3
15	jus jeruk+wortel	160,0	60,9	0,9	14,9	0,0
16	jus melon oranye	160,0	57,6	0,9	14,5	0,2
17	jus semangka	160,0	80,0	1,0	27,0	0,0
18	jus strawberry	160,0	60,8	0,5	12,5	1,0
19	minuman botol	500,0	140,0	0,0	34,0	0,0
20	minuman sereal	180,0	130,0	1,0	24,0	3,5
21	minuman soda (Fanta)	330,0	190,0	0,0	46,0	0,0
22	pepsi	330,0	100,0	0,0	35,0	0,0
23	suplemen CDR	150,0	0,0	0,0	0,0	0,0
24	susu (dancow)	200,0	140,0	6,0	11,0	8,0
25	susu (sustagen)	200,0	170,0	6,0	25,0	5,0
26	susu UH				)	3,5
27	teh				)	0,0
28	yoghurt				)	1,0

Sumber : Dafta *utrient Database*
for Standard Re

Lampiran 4. Daftar Konversi Energi Menurut Jenis Aktivitas Fisik

Kelompok Aktivitas	Jenis Aktivitas	Energi yang dikeluarkan (kkal/kg/jam)
Aktivitas Edukasi	belajar	1,84
	les	1,84
	meeting	1,06
	membaca	1,06
	menulis	1,06
Aktivitas Ibadah	beribadah	1,06
Aktivitas Menggunakan Beban	membawa barang	3,44
	mendorong barang	4,36
Aktivitas Olahraga	futsal	7,00
	lari cepat	17,96
	latihan angkat beban	6,08
	latihan bulutangkis	4,48
		6
		3
		6
		6
Aktivitas I Secara		6
		8
		6
		0
		2
		0
		6
		4
		0
		2
		0
		6
Tid		2
Aktivitas I		8
		6
		4
		6
		6
		8
		8
		6
Keperluan Transportasi	berjalan	4,36
	berlari	10,04
	bersepeda	8,72
	duduk di bus / mobil	1,06
	mengendarai motor	2,12

Sumber : Vaz, *et. al*. (2005) dan FAO (2001).

Lampiran 5. Data *Recall* Konsumsi Responden Selama 25 Hari

a. Asupan Energi per Hari (dalam satuan kilokalori)

Nama	Umur	nasi, pasta, dan mie	daging dan olahannya	ikan dan *seafood*	sayur dan olahannya	telur dan olahannya	makanan selingan	makanan ringan	buah	minuman	Total
Alberto Alvin Yulianto	11,0	1162	761	236	182	129	535	443	128	709	4284
Bagas Kristianto Nugroho	11,0	1196	830	241	228	115	374	230	118	555	3888
Antonio Valyant Santoso	12,0	1201	794	194	213	159	355	439	124	795	4275
Forverio Rivaldo	12,0	1264						235	114	618	4383
Hari	12,0	1155						220	113	577	4039
Langgeng Prakoso	12,0	1195						237	114	574	3955
Sulthan Akmal Rullah	12,0	1093						415	112	638	3903
Calvin Ryan Mamonto	13,0	1201						239	114	646	4432
Fauzi Ramadhan	13,0	1014						212	114	578	3638
Joyireh Avi Manasye	13,0	1069						478	120	820	4652
Lois Malvin Christian A.	13,0	1249						261	118	680	4714
Ramadhani M. Zulkifli	13,0	798						430	134	482	3354
Wiranto	13,0	1155						241	114	621	4092
Ade Putra Perkasa	14,0	1167						248	127	643	4364
Andre Suryo Prayogo	14,0	1055						449	113	662	4194
Keinth Chia	14,0	1149						281	114	628	4858
M. Bagus Sistriatmaja	14,0	1271						214	123	541	4473
Andrew Susanto	15,0	1275						301	131	654	4970
Gian Sanjaya Putra K.	15,0	1365						249	123	670	5197
Muhammad Bayu P.	15,0	1202						486	130	870	5144
Muhammad Revindra R.	15,0	1098						249	126	612	4145
Amal Ori Wibowo	16,0	1168						308	129	570	5168
Hardi Yuda Satria	16,0	1308						331	125	626	5009
Ikhsan Maulana Mustofa	17,0	1214						210	123	719	4953
Kho Hendriko Wibowo	17,0	1272						246	142	587	5492
Reksy Aureza Megananda	17,0	1240						278	130	579	5035
Rudi Cahyadi Budhiawan	17,0	1239						234	123	566	5245
Ryan Fajar Sabrio	17,0	1212						258	125	663	5013
Thomi Azizan Mahbub	17,0	1302						216	123	621	4786
Gary Lam	21,0	997						179	113	317	3931
Bandar Sigit Pamungkas	22,0	1085	1103	291	256	183	458	214	123	402	4116
Andreas Aditya Warman	24,0	1342	1323	466	399	160	670	236	127	668	5391
jumlah		37714	34782	9865	9164	4950	15551	9265	3909	19893	145093
nilai min		798	635	129	181	93	314	179	112	317	3354
nilai max		1365	1623	573	480	269	779	486	142	870	5492
rata-rata		1179	1087	308	286	155	486	290	122	622	4534

b. Asupan Protein per Hari (dalam satuan gram)

Nama	Umur	nasi, pasta, dan mie	daging dan olahannya	ikan dan *seafood*	sayur dan olahannya	telur dan olahannya	makanan selingan	makanan ringan	buah	minuman	Total
Alberto Alvin Yulianto	11,0	25	70	22	6	9	22	6	1	21	182
Bagas Kristianto Nugroho	11,0	28	82	25	8	8	16	4	1	14	185
Antonio Valyant Santoso	12,0	27	83	29	9	11	17	6	1	24	208
Forverio Rivaldo	12,0	28	96	34	8	10	17	4	1	16	215
Hari	12,0	25	75	35	9	12	12	4	1	15	188
Langgeng Prakoso	12,0	27						4	1	15	193
Sulthan Akmal Rullah	12,0	24						6	1	18	175
Calvin Ryan Mamonto	13,0	27						4	1	17	202
Fauzi Ramadhan	13,0	23						3	1	15	169
Joyireh Avi Manasye	13,0	23						7	1	25	221
Lois Malvin Christian A.	13,0	28						4	1	18	210
Ramadhani M. Zulkifli	13,0	19						6	2	14	148
Wiranto	13,0	25						4	1	16	199
Ade Putra Perkasa	14,0	26						5	1	17	216
Andre Suryo Prayogo	14,0	26						7	1	19	189
Keinth Chia	14,0	26						5	1	16	237
M. Bagus Sistriatmaja	14,0	28						3	1	13	219
Andrew Susanto	15,0	31						5	2	16	251
Gian Sanjaya Putra K.	15,0	34						4	1	16	264
Muhammad Bayu P.	15,0	25						7	2	27	233
Muhammad Revindra R.	15,0	25						4	1	14	203
Amal Ori Wibowo	16,0	27						5	2	13	259
Hardi Yuda Satria	16,0	28						5	2	15	240
Ikhsan Maulana Mustofa	17,0	26						3	1	19	252
Kho Hendriko Wibowo	17,0	27						4	2	15	280
Reksy Aureza Megananda	17,0	27						4	1	15	269
Rudi Cahyadi Budhiawan	17,0	27						4	1	14	290
Ryan Fajar Sabrio	17,0	27						5	2	16	219
Thomi Azizan Mahbub	17,0	28						4	1	16	236
Gary Lam	21,0	25						3	1	6	216
Bandar Sigit Pamungkas	22,0	26						3	2	9	219
Andreas Aditya Warman	24,0	31						3	1	17	285
jumlah		851	3223	989	301	346	653	143	46	519	7072,389626
nilai min		19	60	14	5	6	12	3	1	6	147,7325041
nilai max		34	152	53	16	18	33	7	2	27	289,8551822
rata-rata		27	101	31	9	11	20	4	1	16	221

c. Asupan Karbohidrat per Hari (dalam satuan gram)

Nama	Umur	nasi, pasta, dan mie	daging dan olahannya	ikan dan *seafood*	sayur dan olahannya	telur dan olahannya	makanan selingan	makanan ringan	buah	minuman	Total
Alberto Alvin Yulianto	11,0	232	38	28	29	1	70	65	32	101	597
Bagas Kristianto Nugroho	11,0	234	43	23	32	1	40	31	30	93	527
Antonio Valyant Santoso	12,0	240	50	31	37	1	56	65	31	113	624
Forverio Rivaldo	12,0	256	68	45	45	1	58	32	29	100	633
Hari	12,0	235	58	53	46	1	51	30	28	96	597
Langgeng Prakoso	12,0	240						32	29	95	561
Sulthan Akmal Rullah	12,0	220						62	28	97	566
Calvin Ryan Mamonto	13,0	237						32	29	105	639
Fauzi Ramadhan	13,0	204						29	29	94	577
Joyireh Avi Manasye	13,0	217						69	30	118	667
Lois Malvin Christian A.	13,0	250						35	30	111	679
Ramadhani M. Zulkifli	13,0	158						63	34	69	526
Wiranto	13,0	235						32	29	103	577
Ade Putra Perkasa	14,0	235						34	32	104	626
Andre Suryo Prayogo	14,0	207						67	29	96	633
Keinth Chia	14,0	233						37	29	106	628
M. Bagus Sistriatmaja	14,0	256						29	31	95	710
Andrew Susanto	15,0	245						39	33	110	745
Gian Sanjaya Putra K.	15,0	254						34	31	111	737
Muhammad Bayu P.	15,0	249						71	33	122	749
Muhammad Revindra R.	15,0	223						34	32	106	629
Amal Ori Wibowo	16,0	229						40	33	99	640
Hardi Yuda Satria	16,0	259						43	32	107	710
Ikhsan Maulana Mustofa	17,0	251						29	31	116	676
Kho Hendriko Wibowo	17,0	259						33	36	99	794
Reksy Aureza Megananda	17,0	250						40	33	96	710
Rudi Cahyadi Budhiawan	17,0	252						32	31	97	676
Ryan Fajar Sabrio	17,0	236						35	32	113	671
Thomi Azizan Mahbub	17,0	254						30	31	105	613
Gary Lam	21,0	192						25	29	60	605
Bandar Sigit Pamungkas	22,0	204						30	31	72	634
Andreas Aditya Warman	24,0	264						33	32	111	822
jumlah		7511	2667	1309	1547	32	2209	1292	988	3223	20776,75441
nilai min		158	38	21	29	1	40	25	28	60	525,9976917
nilai max		264	136	82	73	2	113	71	36	122	822,0264537
rata-rata		235	83	41	48	1	69	40	31	101	649

d. Asupan Lemak per Hari (dalam satuan gram)

Nama	Umur	nasi, pasta, dan mie	daging dan olahannya	ikan dan *seafood*	sayur dan olahannya	telur dan olahannya	makanan selingan	makanan ringan (snack)	buah	minuman	Total
Alberto Alvin Yulianto	11,0	10	46	14	11	10	26	22	1	21	160
Bagas Kristianto Nugroho	11,0	14	60	22	19	9	27	12	0	9	171
Antonio Valyant Santoso	12,0	10	56	19	17	12	24	22	1	22	182
Forverio Rivaldo	12,0	11	70	27	18	11	25	12	0	10	185
Hari	12,0	11						11	0	9	179
Langgeng Prakoso	12,0	11						12	0	9	165
Sulthan Akmal Rullah	12,0	10						21	0	17	176
Calvin Ryan Mamonto	13,0	13						13	0	11	194
Fauzi Ramadhan	13,0	10						10	0	10	167
Joyireh Avi Manasye	13,0	9						24	1	22	210
Lois Malvin Christian A.	13,0	11						13	1	11	199
Ramadhani M. Zulkifli	13,0	8						22	1	17	177
Wiranto	13,0	8						12	0	10	162
Ade Putra Perkasa	14,0	10						12	1	11	214
Andre Suryo Prayogo	14,0	12						22	0	19	211
Keinth Chia	14,0	10						14	0	10	196
M. Bagus Sistriatmaja	14,0	14						11	1	8	228
Andrew Susanto	15,0	18						14	1	10	253
Gian Sanjaya Putra K.	15,0	21						13	1	12	275
Muhammad Bayu P.	15,0	9						24	1	24	241
Muhammad Revindra R.	15,0	10						13	1	10	204
Amal Ori Wibowo	16,0	6						16	1	9	264
Hardi Yuda Satria	16,0	13						15	1	10	241
Ikhsan Maulana Mustofa	17,0	9						11	1	12	208
Kho Hendriko Wibowo	17,0	11						13	1	9	278
Reksy Aureza Megananda	17,0	10						15	1	10	264
Rudi Cahyadi Budhiawan	17,0	10						12	1	9	216
Ryan Fajar Sabrio	17,0	14						13	1	11	224
Thomi Azizan Mahbub	17,0	15						11	1	10	233
Gary Lam	21,0	369						9	0	4	582
Bandar Sigit Pamungkas	22,0	18						11	1	6	230
Andreas Aditya Warman	24,0	16	106	46	32	12	50	12	1	11	285
jumlah		730	2556	891	710	371	1048	465	16	382	7169,86536
nilai min		6	46	13	11	7	22	9	0	4	160,0510131
nilai max		369	111	55	35	20	54	24	1	24	582,163902
rata-rata		23	80	28	22	12	33	15	1	12	224

Lampiran 6. Data *Recall* Aktivitas Fisik Responden Selama 25 Hari

Nama	Umur	Pddkn	BB	TB	Aktivitas Fisik	BMR	Tidur	SDA	tep	Pertumbuhan	Total Kebutuhan Energi
Alberto Alvin Yulianto	11,0	SMP	32,0	142,0	1822,62	438,94	277,91	43,89	2	64,00	2091,54
Bagas Kristianto Nugroho	11,0	SMP	39,5	143,8	2339,54	542,16	331,42	54,22	2	79,00	2683,49
Antonio Valyant Santoso	12,0	SMP	31,0	143,0	1835,42	418,46	262,38	41,85	2	62,00	2095,34
Forverio Rivaldo	12,0	SMP	46,4	156,0	2613,54	630,86	395,29	63,09	2	92,80	3005,00
Hari	12,0	SMP							2	84,00	2760,94
Langgeng Prakoso	12,0	SMP							2	76,00	2538,06
Sulthan Akmal Rullah	12,0	SMP							2	58,00	1871,86
Calvin Ryan Mamonto	13,0	SMP							2	108,00	3601,75
Fauzi Ramadhan	13,0	SMP							2	95,80	3107,16
Joyireh Avi Manasye	13,0	SMP							2	98,00	3156,62
Lois Malvin Christian Andrianto	13,0	SMP							2	110,00	3626,49
Ramadhani M. Zulkifli	13,0	SMP							2	82,00	2761,44
Wiranto	13,0	SMP							2	90,00	2889,11
Ade Putra Perkasa	14,0	SMA							2	102,00	3577,92
Andre Suryo Prayogo	14,0	SMP							2	86,60	2882,33
Keinth Chia	14,0	SMP							2	123,40	4111,12
M. Bagus Sistriatmaja	14,0	SMP							2	114,00	4144,54
Andrew Susanto	15,0	SMA							1	65,20	4483,25
Gian Sanjaya Putra K.	15,0	SMA							1	64,70	4818,91
Muhammad Bayu Pangisthu	15,0	SMA							1	55,00	3706,41
Muhammad Revindra Reynaldi	15,0	SMA							1	54,00	3997,59
Amal Ori Wibowo	16,0	SMA							0,5	35,00	4922,92
Hardi Yuda Satria	16,0	SMA							0,5	36,50	5556,02
Ikhsan Maulana Mustofa	17,0	SMA							0,5	29,00	4213,56
Kho Hendriko Wibowo	17,0	SMA							0,5	36,00	4969,39
Reksy Aureza Megananda	17,0	SMA							0,5	30,75	4579,31
Rudi Cahyadi Budhiawan	17,0	SMA							0,5	32,50	4823,52
Ryan Fajar Sabrio	17,0	SMA							0,5	32,00	4643,34
Thomi Azizan Mahbub	17,0	SMA							0,5	31,00	4536,68
Gary Lam	21,0	-							0	0,00	4415,86
Bandar Sigit Pamungkas	22,0	-							0	0,00	4355,43
Andreas Aditya Warman	24,0	-	74,0	180,0	4301,71	930,20	635,87	93,02	0	0,00	4689,06
Rata-rata	**14,9**	**SMP**	**54,2**	**164,0**	**3327,3**	**719,2**	**443,8**	**71,9**	**1,3**	**63,4**	**3738,0**

Lampiran 7. Data Keseimbangan Energi Responden

Nama	Umur	BB	TB	Asupan					Output	Keseimbangan	Keterangan
				Kal	Kal/kgBB	Prot/kgBB	KH/kgBB	L/kgBB			
Alberto Alvin Yulianto	11,0	32,0	142,0	4284,5	133,9	5,7	18,7	5,0	2091,5	2192,9	-
Bagas Kristianto Nugroho	11,0	39,5	143,8	3887,6	98,4	4,7	13,3	4,3	2683,5	1204,1	Puasa 4 hr
Antonio Valyant Santoso	12,0	31,0	143,0	4275,1	137,9	6,7	20,1	5,9	2095,3	2179,8	-
Forverio Rivaldo	12,0	46,4	156,0	4382,5	94,5	4,6	13,6	4,0	3005,0	1377,5	-
Hari	12,0	42,0						4,3	2760,9	1278,4	Puasa 2 hr
Langgeng Prakoso	12,0	38,0						4,3	2538,1	1417,0	Puasa 2 hr
Sulthan Akmal Rullah	12,0	29,0						6,1	1871,9	2031,1	Puasa 8 hr
Calvin Ryan Mamonto	13,0	54,0						3,6	3601,8	829,8	-
Fauzi Ramadhan	13,0	47,9						3,5	3107,2	530,6	Puasa 13 hr
Joyireh Avi Manasye	13,0	49,0						4,3	3156,6	1495,7	-
Lois Malvin Christian Andrianto	13,0	55,0						3,6	3626,5	1087,0	-
Ramadhani M. Zulkifli	13,0	41,0						4,3	2761,4	593,0	Puasa 22 hr
Wiranto	13,0	45,0						3,6	2889,1	1203,2	-
Ade Putra Perkasa	14,0	51,0						4,9	2882,3	1311,8	Puasa 5 hr
Andre Suryo Prayogo	14,0	43,3						3,2	4111,1	746,4	Puasa 12 hr
Keinth Chia	14,0	61,7						4,0	4144,5	328,7	-
M. Bagus Sistriatmaja	14,0	57,0						4,2	3577,9	786,4	Puasa 9 hr
Andrew Susanto	15,0	65,2						3,9	4483,3	487,0	-
Gian Sanjaya Putra K.	15,0	64,7						4,2	4818,9	378,3	-
Muhammad Bayu Pangisthu	15,0	55,0						4,4	3706,4	1438,0	-
Muhammad Revindra Reynaldi	15,0	54,0						3,8	3997,6	147,0	Puasa 8 hr
Amal Ori Wibowo	16,0	70,0						3,8	4922,9	244,9	Puasa 8 hr
Hardi Yuda Satria	16,0	73,0						3,3	5556,0	-547,1	-
Ikhsan Maulana Mustofa	17,0	58,0						3,6	4213,6	739,3	-
Kho Hendriko Wibowo	17,0	72,0						3,9	4969,4	523,0	-
Reksy Aureza Megananda	17,0	61,5						4,3	4579,3	455,4	Puasa 3 hr
Rudi Cahyadi Budhiawan	17,0	65,0						3,3	4823,5	421,6	-
Ryan Fajar Sabrio	17,0	64,0						3,5	4643,3	369,7	Puasa 3 hr
Thomi Azizan Mahbub	17,0	62,0	172,0	4785,8	77,2	3,8	9,9	3,8	4536,7	249,1	Puasa 3 hr
Gary Lam	21,0	68,2	175,2	3930,8	57,6	3,2	8,9	8,5	4415,9	-485,0	Puasa 24 hr
Bandar Sigit Pamungkas	22,0	66,0	172,0	4115,5	62,4	3,3	9,6	3,5	4355,4	-239,9	Puasa 23 hr
Andreas Aditya Warman	24,0	74,0	180,0	5391,4	72,9	3,9	11,1	3,8	4689,1	702,4	-
Rata-rata	**14,9**	**54,2**	**164,0**	**4534,1**	**87,3**	**4,2**	**12,5**	**4,2**	**3738,0**	**796,1**	

Lampiran 8. Data Kategori Indeks Massa Tubuh dan Kecukupan Gizi

Nama	Umur	BB	TB	IMT	Kategori IMT	BB standar	AKG E indiv std	AKG P indiv std	AKG E	AKG P	Kal	Prot	% AKG E	% AKG P
Alberto Alvin Yulianto	11,0	32,0	142,0	15,9	kekurangan BB tingkat berat	35	2050	50	1874,3	45,7	4284,5	182,3	229	399
Bagas Kristianto Nugroho	11,0	39,5							2313,6	56,4	3887,6	185,4	168	329
Antonio Valyant Santoso	12,0	31,0							1815,7	44,3	4275,1	207,9	235	470
Forverio Rivaldo	12,0	46,4							2717,7	66,3	4382,5	215,4	161	325
Hari	12,0	42,0							2460,0	60,0	4039,3	188,5	164	314
Langgeng Prakoso	12,0	38,0							2225,7	54,3	3955,1	192,6	178	355
Sulthan Akmal Rullah	12,0	29,0							1698,6	41,4	3903,0	174,6	230	421
Calvin Ryan Mamonto	13,0	54,0							2817,4	70,4	4431,5	202,4	157	287
Fauzi Ramadhan	13,0	47,9							2499,1	62,5	3637,8	169,2	146	271
Joyireh Avi Manasye	13,0	49,0							2556,5	63,9	4652,3	220,6	182	345
Lois Malvin Christian Andrianto	13,0	55,0							2869,6	71,7	4713,5	210,0	164	293
Ramadhani M. Zulkifli	13,0	41,0							2139,1	53,5	3354,4	147,7	157	276
Wiranto	13,0	45,0							2347,8	58,7	4092,3	198,6	174	338
Ade Putra Perkasa	14,0	51,0							2660,9	66,5	4364,3	215,5	164	324
Andre Suryo Prayogo	14,0	43,3							2259,1	56,5	4194,2	189,0	186	335
Keinth Chia	14,0	61,7							3219,1	80,5	4857,5	237,2	151	295
M. Bagus Sistriatmaja	14,0	57,0							2973,9	74,3	4473,3	218,9	150	294
Andrew Susanto	15,0	65,2							3401,7	85,0	4970,2	251,5	146	296
Gian Sanjaya Putra K.	15,0	64,7							3375,7	84,4	5197,2	263,8	154	313
Muhammad Bayu Pangisthu	15,0	55,0							2869,6	71,7	5144,4	233,4	179	325
Muhammad Revindra Reynaldi	15,0	54,0							2817,4	70,4	4144,5	202,6	147	288
Amal Ori Wibowo	16,0	70,0							3309,1	82,7	5167,8	259,0	156	313
Hardi Yuda Satria	16,0	73,0							3450,9	86,3	5008,9	239,9	145	278
Ikhsan Maulana Mustofa	17,0	58,0							2741,8	68,5	4952,8	252,1	181	368
Kho Hendriko Wibowo	17,0	72,0							3403,6	85,1	5492,4	279,6	161	329
Reksy Aureza Megananda	17,0	61,5							2907,3	72,7	5034,7	269,4	173	371
Rudi Cahyadi Budhiawan	17,0	65,0							3072,7	76,8	5245,1	289,9	171	377
Ryan Fajar Sabrio	17,0	64,0							3025,5	75,6	5013,1	218,8	166	289
Thomi Azizan Mahbub	17,0	62,0	172,0	21,0	normal	55	2600	65	2930,9	73,3	4785,8	235,9	163	322
Gary Lam	21,0	68,2	175,2	22,2	normal	56	2550	60	3105,5	73,1	3930,8	216,1	127	296
Bandar Sigit Pamungkas	22,0	66,0	172,0	22,3	normal	56	2550	60	3005,4	70,7	4115,5	219,2	137	310
Andreas Aditya Warman	24,0	74,0	180,0	22,8	normal	56	2550	60	3369,6	79,3	5391,4	285,2	160	360
Rata-rata	**14,9**	**54,2**	**164,0**	**19,8**	**normal**	**55**	**2388**	**59**	**2757,3**	**68,2**	**4534,1**	**221,0**	**167,6**	**328,3**

Lampiran 9. Data Skor Pengetahuan Gizi

Nama	Definisi makanan bergizi	Pengertian makanan pokok	Jenis-jenis makanan pokok	Pengertian zat gizi	Sumber zat gizi yang menghasilkan tenaga	Manfaat zat gizi bagi tubuh	Manfaat zat pembangun bagi tubuh	Jenis makanan sumber protein	Jenis-jenis makanan sumber vitamin	Total konsumsi air per hari yang dianjurkan	Total Skor Individu	Kategori P. Gizi
Alberto Alvin Yulianto	1	1	1	0	1	0	1	0	0	1	6	cukup
Bagas Kristianto Nugroho	1	0							1	1	5	kurang
Antonio Valyant Santoso	1	1							1	0	6	cukup
Forverio Rivaldo	1	0							1	0	5	kurang
Hari	0	1							0	0	3	kurang
Langgeng Prakoso	1	0							0	0	4	kurang
Sulthan Akmal Rullah	1	0							1	1	7	cukup
Calvin Ryan Mamonto	1	0							1	1	5	kurang
Fauzi Ramadhan	1	0							1	1	5	kurang
Joyireh Avi Manasye	1	1							1	1	9	baik
Lois Malvin Christian Andrianto	1	0							0	0	3	kurang
Ramadhani M. Zulkifli	1	1							1	1	8	baik
Wiranto	1	1							1	1	6	cukup
Ade Putra Perkasa	1	1							1	1	7	cukup
Andre Suryo Prayogo	1	1							1	0	8	baik
Keinth Chia	1	1							1	1	7	cukup
M. Bagus Sistriatmaja	1	1							1	0	7	cukup
Andrew Susanto	1	1							1	1	8	baik
Gian Sanjaya Putra K.	1	0							1	0	5	kurang
Muhammad Bayu Pangisthu	1	0							1	1	8	baik
Muhammad Revindra Reynaldi	1	1							1	1	8	baik
Amal Ori Wibowo	1	0							1	0	6	cukup
Hardi Yuda Satria	1	0							0	0	2	kurang
Ikhsan Maulana Mustofa	1	1							1	1	8	baik
Kho Hendriko Wibowo	1	1							1	1	8	baik
Reksy Aureza Megananda	1	1							1	1	7	cukup
Rudi Cahyadi Budhiawan	0	0							0	0	1	kurang
Ryan Fajar Sabrio	1	1	1	1	1	0	0	1	1	1	8	baik
Thomi Azizan Mahbub	1	0	1	1	0	1	0	1	1	1	7	cukup
Gary Lam	1	1	1	1	1	1	1	1	1	1	10	baik
Bandar Sigit Pamungkas	1	1	1	1	1	1	1	1	1	1	10	baik
Andreas Aditya Warman	1	1	1	1	1	1	1	1	1	1	10	baik
Total skor akumulatif	30	19	28	13	23	7	15	25	26	21		

Lampiran 10. Hasil Analisis SPSS

a. Uji Perbandingan Menurut Karakteristik Skor Pengetahuan Gizi

- Perbandingan Nilai Rata-rata Karakteristik Responden Berdasarkan Skor Pengetahuan Gizi

Oneway

	Sum of Squares	df	Mean Square	F	Sig.

Post Ho

Dunca			
skorPG	N	Subset for alpha = .05	
		1	
Mean			

Use Harmonic Mean Sample Size

The group sizes are unequal. The harmonic mean of the group sizes is used. Type I e

not guaranteed.

Duncan[a,b]		
skorPG	N	Subset for alpha = .05
		1
Mean for group in homogeneous subs		

Use Harmonic Mean Sample S

The group sizes are unequal. T

not guaranteed.

Duncan[a,b]		
skorPG	N	Subset for alpha = .05
		1
Mean for group in homogeneous su		

- Perbandingan Nilai Rata-rata Asupan Energi, Asupan Gizi, dan Pengeluaran Energi Responden Berdasarkan Skor Pengetahuan Gizi

Oneway

	Sum of Squares	df	Mean Square	F	Sig.

Post Ho

Dunca

skorPG

Means for groups in homogeneous subsets are displayed

Uses Harmonic Mean Sample Size = 10,288.

The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Dunca

skorPG

Means for groups in homogeneous subsets are displayed

Uses Harmonic Mean Sample Size = 10,288.

The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Dunca

skorPG

Means for groups in homogeneous subsets are displayed

Uses Harmonic Mean Sample Size =

The group sizes are unequal. The ha of the group sizes is used. Type I err not guaranteed.

Dunca[a,b]

skorPG	N	Subset for alpha = .05
		1

- Perbandingan Nilai Rata-rata Jenis Makanan yang Dikonsumsi Responden Berdasarkan Skor Pengetahuan Gizi

Oneway

	Sum of Squares	df	Mean Square	F	Sig.

Post Hc

Duncan[a,b]

skorPG	N	Subset for alpha = .05
		1

Means for groups in homogeneous subsets ar

Uses Harmonic Mean Sample Size = 10

The group sizes are unequal. The harmc
of the group sizes is used. Type I error le
not guaranteed.

Duncan[a,b]

skorPG	N	Subset for alpha = .05
		1

Means for groups in homogeneous subsets ar

Uses Harmonic Mean Sample Size = 10

The group sizes are unequal. The harmc
of the group sizes is used. Type I error le
not guaranteed.

Means for groups in homogeneous subsets are displayed.

Uses Harmonic Mean Sample Size = 10,288.

The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Group	N	Subset for alpha = .05
		1

Duncan[a,b]

Means for groups in homogeneous subsets are displayed.

Uses Harmonic Mean Sample Size = 10,288.

The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Group	N	Subset for alpha = .05
		1

Duncan[a,b]

Means for groups in homogeneous subsets are displayed.

Uses Harmonic Mean Sample Size = 10,288.

The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Group	N	Subset for alpha = .05
		1

Duncan[a,b]

Means for groups in homogeneous subsets are displayed.

Uses Harmonic Mean Sample Size = 10,288.

The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Group	N	Subset for alpha = .05	
		1	2

Duncan[a,b]

a. Uji Hubungan

- Hubungan Antara Konsumsi dengan Karakteristik dan Pengeluaran Energi Harian Responden

	output	TMI	TB	BB	Umur	minuman	pauh	snack	sellingan	telur	sayur	ikan_asinlood	daging	makan_pokok

Correlation is significant at the 0.01 level (1-tailed).

Correlation is significant at the 0.05 level (1-tailed).

- Hubungan Antara Skor Pengetahuan Gizi dengan Umur dan Konsumsi Makanan Responden

	skorPG	Umur	makan_pokok	daging	ikan_seafood	sayur	telur	seringgan	snack	buah	minumsm

Correlation is significant at the 0.01 level (1-tailed).

Correlation is significant at the 0.05 level (1-tailed).

- Hubungan Antara Skor Pengetahuan Gizi dengan Asupan Gizi Responden

	Skor	kal_per_kgBB	protein_per_kgBB	KH_per_kgBB	lemak_per_kgBB

Correlati

Correla

- Hubung

	TMI

Corre

- Hubung

	Umur	kal_per_kgBB	protein_per_kgBB	KH_per_kgBB	lemak_per_kgBB

Correlation is significant at the 0.01 level (1-tailed).

- Hubungan Antara Keseimbangan Energi dengan Asupan Gizi Responden

	Keseimbangan Energi	Kal_per_kgBB	protein_per_kgBB	KH_per_kgBB	lemak_per_kgBB

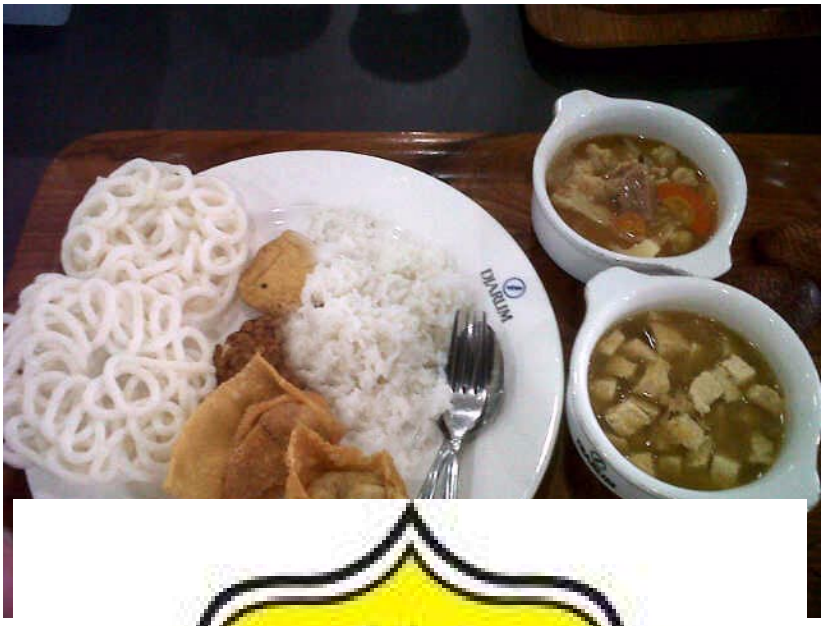
Correla

- Hubung Pengeluaran Energi,

	Umur	TMI

Correlation is significant at the 0.01 level (1-tailed).

Lampiran 11. Foto Kegiatan Makan Responden di Asrama



Lampiran 1. Hasil Analisis SPSS

a. Uji Perbandingan Menurut Karakteristik Skor Pengetahuan Gizi

- Perbandingan Nilai Rata-rata Karakteristik Responden Berdasarkan Skor Pengetahuan Gizi

Oneway

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Umur	Between Groups	79,402	2	39,701	5,298	,011
	Within Groups	217,317	29	7,494		
	Total	296,719	31			
BB	Between Groups	494,959	2	247,479	1,560	,227
	Within Groups	4599,150	29	158,591		
TB						,085
IMT						,399

Post Hoc

Duncan [a]

skorPG	Subset for alpha = .05
	1
1,00	50,0200
2,00	52,5500
3,00	59,1417
Sig.	,125

Means fo … splayed.

a. Use … 0,588.

b. The … of t … not … monic mean … levels are …

Duncan [a,b]

skorPG	N	Subset for alpha = .05
		1
2,00	10	160,1500
1,00	10	160,5600
3,00	12	170,1917
Sig.		,069

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Duncan [a,b]

skorPG	N	Subset for alpha = .05
		1
2,00	10	18,9700
1,00	10	20,1000
3,00	12	20,2333
Sig.		,243

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

- Perbandingan Nilai Rata-rata Asupan Energi, Asupan Gizi, dan Pengeluaran Energi Responden Berdasarkan Skor Pengetahuan Gizi

Oneway

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
kal_per_kgBB	Between Groups	2458,649	2	1229,324	4,197	,025
	Within Groups	8493,964	29	292,895		
	Total	10952,612	31			
prot_per_kgBB	Between Groups	4,451	2	2,225	4,415	,021
	Within Groups	14,617	29	,504		
	Total	19,067	31			
KH_per_kgBB	Between Groups	42,015	2	21,008	3,184	,056
	Within Groups	191,349	29	6,598		
	Total	233,364	31			
lmk_pe					5,443	,010
output					1,813	,181

Post Hc

Duncan

skorPG		alpha = .05
		2
3,00		
1,00		4,1820
2,00		4,7170
Sig.		,094

Means f ...sets are displayed.

a. U ...ze = 10,588.

b. T ...e harmonic mean
o ...l error levels are
n

Duncan

skorPG			pha = .05
			2
3,00			
1,00			
2,00	10		14,1030
Sig.		,363	,131

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

2,00	10		4,5670
Sig.		,791	1,000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

output

Duncan[a,b]

skorPG	N	Subset for alpha = .05
		1
2,00	10	3359,1550
1,00	10	3652,1340
3,00	12	4125,2558
Sig.		,091

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

- Perbandingan Nilai Rata-rata Jenis Makanan yang Dikonsumsi Responden Berdasarkan Skor Pengetahuan Gizi

Oneway

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
mknn_pokok	Between Groups	40265,887	2	20132,943	1,619	,215
	Within Groups	360609,4	29	12434,807		
	Total	400875,3	31			
daging	Between Groups	16877,997	2	8438,999	,146	,865
	Within Groups	1681799	29	57993,085		
	Total	1698677	31			
ikan_seafood	Between Groups	19378,974	2	9689,487	,886	,423
sayur					6	,378
telur					3	,598
selingan					6	,670
snack					1	,174
buah					3	,035
minuman					9	,871

Post Hc

Duncan [a,b]

skorPG	N	Subset for alpha = .05
		1
3,00	12	1135,0492
2,00	10	1190,7070
1,00	10	1218,6500
Sig.		,113

Means for groups in homogeneous subsets are displaye

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mea of the group sizes is used. Type I error levels are not guaranteed.

Duncan [a,b]

skorPG	N	Subset for alpha = .05
		1
2,00	10	1057,1960
1,00	10	1085,6190
3,00	12	1112,7817
Sig.		,622

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

ikan_seafood

Duncan [a,b]

skorPG	N	Subset for alpha = .05
		1
1,00	10	286,9150
2,00	10	291,6550
3,00	12	339,9692
Sig.		,280

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

sayur

Duncan [a,b]

skorPG	N	Subset for alpha = .05
		1
1,00	10	265,2320
2,00	10	280,4000
3,00	12	308,9958
Sig.		,208

Means for groups in homogeneous subsets are displayed

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Duncan [a,b]

skorPG	
3,00	
1,00	
2,00	
Sig.	

ıbset
alpha
.05
1
9,8110
3,3300
9,9292
,464

Means for g

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a. Uses

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b. The g
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not gu

ual. The harmonic mean
. Type I error levels are

Duncan [a]

skorPG	
1,00	
2,00	
3,00	
Sig.	

Subset
or alpha
= .05
1
608,9930
621,3900
634,6630
,615

Means for g

ıus subsets are display

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mea of the group sizes is used. Type I error levels are not guaranteed.

buah

Duncan [a,b]

skorPG	N	Subset for alpha = .05	
		1	2
1,00	10	117,7790	
2,00	10	122,3880	122,3880
3,00	12		125,6117
Sig.		,122	,274

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 10,588.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

a. Uji Hubungan

- Hubungan Antara Konsumsi dengan Karakteristik dan Pengeluaran Energi Harian Responden

Correlations

			mknn_pokok	daging	ikan_seafood	sayur	telur	selingan	snack	buah	minuman	Umur	BB	TB	IMT	output
Kendall's tau_b	mknn_pokok	Correlation Coefficient	1,000	,291**	,255**	,444**	,296**	,266*	,060	,272*	,177	,222*	,364**	,317**	,367**	,331**
		Sig. (1-tailed)	.	,003	,009	,000	,002	,013	,309	,011	,077	,044	,002	,006	,002	,004
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	daging	Correlation Coefficient	,291**	1,000	,452**	,444**	,473**	,397**	,152	,252*	,252	,624**	,723**	,630**	,642**	,706**
		Sig. (1-tailed)	,003	.	,000	,000	,000	,000	,127	,013	,037	,000	,000	,000	,000	,000
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	ikan_seafood	Correlation Coefficient	,255**	,452**	1,000	,355**	,383**	,399**	-,180	,205	-,184	,406**	,420**	,447**	,326**	,435**
		Sig. (1-tailed)	,009	,000	.	,002	,001	,001	,074	,053	,070	,001	,000	,000	,004	,000
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	sayur	Correlation Coefficient	,444**	,444**	,355**	1,000	,383**	,399**	-,180	,205	-,184	,470**	,444**	,459**	,355**	,419**
		Sig. (1-tailed)	,000	,000	,002	.	,001	,001	,074	,053	,070	,000	,000	,000	,002	,000
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	telur	Correlation Coefficient	,296**	,473**	,383**	,383**	1,000	,399**	-,180	,205	-,184	,389**	,436**	,407**	,383**	,435**
		Sig. (1-tailed)	,002	,000	,001	,001	.	,001	,074	,053	,070	,001	,000	,001	,001	,000
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	selingan	Correlation Coefficient	,266*	,397**	,399**	,399**	,399**	1,000	-,180	,205	-,184	,333**	,485**	,480**	,399**	,548**
		Sig. (1-tailed)	,013	,000	,001	,001	,001	.	,074	,053	,070	,005	,000	,000	,001	,000
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	snack	Correlation Coefficient	,060	,152	-,180	-,180	-,180	-,180	1,000	,215*	,315**	-,175	-,125	-,118	-,180	-,060
		Sig. (1-tailed)	,309	,127	,074	,074	,074	,074	.	,040	,005	,089	,157	,173	,074	,313
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	buah	Correlation Coefficient	,272*	,252*	,205	,205	,205	,205	,215*	1,000	,182	,277*	,306**	,306**	,205	,264*
		Sig. (1-tailed)	,011	,013	,053	,053	,053	,053	,040	.	,057	,018	,008	,008	,053	,019
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	minuman	Correlation Coefficient	,177	,252	-,184	-,184	-,184	-,184	,315**	,182	1,000	-,077	-,061	-,037	-,184	-,016
		Sig. (1-tailed)	,077	,037	,070	,070	,070	,070	,005	,057	.	,277	,313	,385	,070	,448
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	Umur	Correlation Coefficient	,222*	,624**	,406**	,470**	,389**	,333**	-,175	,277*	-,077	1,000	,728**	,754**	,556**	,696**
		Sig. (1-tailed)	,044	,000	,001	,000	,001	,005	,089	,018	,277	.	,000	,000	,000	,000
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	BB	Correlation Coefficient	,364**	,723**	,420**	,444**	,436**	,485**	-,125	,306**	-,061	,728**	1,000	,807**	,745**	,808**
		Sig. (1-tailed)	,002	,000	,000	,000	,000	,000	,157	,008	,313	,000	.	,000	,000	,000
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	TB	Correlation Coefficient	,317**	,630**	,447**	,459**	,407**	,480**	-,118	,306**	-,037	,754**	,807**	1,000	,545**	,768**
		Sig. (1-tailed)	,006	,000	,000	,000	,001	,000	,173	,008	,385	,000	,000	.	,000	,000
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	IMT	Correlation Coefficient	,367**	,642**	,326**	,355**	,383**	,399**	-,180	,205	-,184	,556**	,745**	,545**	1,000	,638**
		Sig. (1-tailed)	,002	,000	,004	,002	,001	,001	,074	,053	,070	,000	,000	,000	.	,000
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32
	output	Correlation Coefficient	,331**	,706**	,435**	,419**	,435**	,548**	-,060	,264*	-,016	,696**	,808**	,768**	,638**	1,000
		Sig. (1-tailed)	,004	,000	,000	,000	,000	,000	,313	,019	,448	,000	,000	,000	,000	.
		N	32	32	32	32	32	32	32	32	32	32	32	32	32	32

**. Correlation is significant at the 0.01 level (1-tailed).

*. Correlation is significant at the 0.05 level (1-tailed).

- Hubungan Antara Skor Pengetahuan Gizi dengan Umur dan Konsumsi Makanan Responden

Correlations

			skorPG	Umur	mknn_pokok	daging	ikan_seafood	sayur	telur	selingan	snack	buah	minuman
Kendall's tau_b	skorPG	Correlation Coefficient	1,000	,408**	-,200	,088	,141	,146	,019	,136	,185	,344**	,141
		Sig. (1-tailed)							,445	,166	,094	,008	,158
		N							32	32	32	32	32
	Umur	Correlation Coeffic							,389**	,333**	-,175	,277*	-,077
		Sig. (1-tailed)							,001	,005	,089	,018	,277
		N							32	32	32	32	32
	mknn_pokok	Correlation Coeffic							,306**	,266*	-,069	,272*	,177
		Sig. (1-tailed)							,007	,016	,291	,016	,077
		N							32	32	32	32	32
	daging	Correlation Coeffic							,367**	,472**	-,113	,231*	-,052
		Sig. (1-tailed)							,002	,000	,182	,034	,337
		N							32	32	32	32	32
	ikan_seafood	Correlation Coeffic							,323**	,347**	-,069	,318**	,113
		Sig. (1-tailed)							,005	,003	,291	,006	,182
		N							32	32	32	32	32
	sayur	Correlation Coeffic							,290**	,226*	-,117	,367**	,145
		Sig. (1-tailed)							,010	,035	,173	,002	,121
		N							32	32	32	32	32
	telur	Correlation Coeffic							,000	,210*	-,012	,214*	-,040
		Sig. (1-tailed)							.	,046	,461	,045	,373
		N							32	32	32	32	32
	selingan	Correlation Coeffic							,210*	1,000	,149	,239*	,161
		Sig. (1-tailed)							,046	.	,115	,029	,097
		N							32	32	32	32	32
	snack	Correlation Coeffic							-,012	,149	1,000	,243*	,415**
		Sig. (1-tailed)							,461	,115	.	,027	,000
		N							32	32	32	32	32
	buah	Correlation Coeffic							,214*	,239*	,243*	1,000	,082
		Sig. (1-tailed)	,008	,018	,016	,034	,006	,002	,045	,029	,027	.	,257
		N	32	32	32	32	32	32	32	32	32	32	32
	minuman	Correlation Coefficient	,141	-,077	,177	-,052	,113	,145	-,040	,161	,415**	,082	1,000
		Sig. (1-tailed)	,158	,277	,077	,337	,182	,121	,373	,097	,000	,257	.
		N	32	32	32	32	32	32	32	32	32	32	32

**. Correlation is significant at the 0.01 level (1-tailed).

*. Correlation is significant at the 0.05 level (1-tailed).

- Hubungan Antara Skor Pengetahuan Gizi dengan Asupan Gizi Responden

Correlations

			skorPG	kal_per_kgBB	prot_per_kgBB	KH_per_kgBB	lmk_per_kgBB
Kendall's tau_b	skorPG	Correlation Coefficient	1,000	-,253*	-,215	-,190	-,068
		Sig. (1-tailed)	.	,036	,064	,089	,314
		N	32	32	32	32	32
	kal_per_kgBB	Correlation Coefficient	-,253*	1,000	,707**	,758**	,556**
		Sig. (1-tailed)	,036	.	,000	,000	,000
		N	32	32	32	32	32
	prot_per_kgBB	Correlation Coefficient	-,215	,707**	1,000	,590**	,553**
		Sig. (1-tailed)	,064	,000	.	,000	,000
		N	32	32	32	32	32
	KH_per_kgBB	Correlation Coefficient	-,190	,758**	,590**	1,000	,613**
		Sig. (1-tailed)	,089	,000	,000	.	,000
		N	32	32	32	32	32
	lmk_per_kgBB	Correlation Coefficient	-,068	,556**	,553**	,613**	1,000
		Sig. (1-tailed)				,000	.
		N				32	32

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			Umur	kal_per_kgBB	prot_per_kgBB	KH_per_kgBB	lmk_per_kgBB
Kendall's tau_b	Umur	Correlation Coefficient	1,000	-,615**	-,434**	-,654**	-,418**
		Sig. (1-tailed)	.	,000	,000	,000	,001
		N	32	32	32	32	32
	kal_per_kgBB	Correlation Coefficient	-,615**	1,000	,707**	,758**	,556**
		Sig. (1-tailed)	,000	.	,000	,000	,000
		N	32	32	32	32	32
	prot_per_kgBB	Correlation Coefficient	-,434**	,707**	1,000	,590**	,553**
		Sig. (1-tailed)	,000	,000	.	,000	,000
		N	32	32	32	32	32
	KH_per_kgBB	Correlation Coefficient	-,654**	,758**	,590**	1,000	,613**
		Sig. (1-tailed)	,000	,000	,000	.	,000
		N	32	32	32	32	32
	lmk_per_kgBB	Correlation Coefficient	-,418**	,556**	,553**	,613**	1,000
		Sig. (1-tailed)	,001	,000	,000	,000	.
		N	32	32	32	32	32

**. Correlation is significant at the 0.01 level (1-tailed).

- Hubungan Antara Keseimbangan Energi dengan Asupan Gizi Responden

Correlations

			keseimbangan	kal_per_kgBB	prot_per_kgBB	KH_per_kgBB	lmk_per_kgBB
Kendall's tau_b	keseimbangan	Correlation Coefficient	1,000	,746**	,630**	,722**	,499**
		Sig. (1-tailed)	.	,000	,000	,000	,000
		N	32	32	32	32	32
	kal_per_kgBB	Correlation Coefficient	,746**	1,000	,707**	,758**	,556**
		Sig. (1-tailed)	,000	.	,000	,000	,000
		N	32	32	32	32	32
	prot_per_kgBB	Correlation Coefficient	,630**	,707**	1,000	,590**	,553**
		Sig. (1-tailed)	,000	,000	.	,000	,000
		N	32	32	32	32	32
	KH_per_kgBB	Correlation Coefficient	,722**	,758**	,590**	1,000	,613**
		Sig. (1-tailed)	,000	,000	,000	.	,000
		N	32	32	32	32	32
	lmk_per_kgBB	Correlation Coefficient	,499**	,556**	,553**	,613**	1,000
		Sig. (1-tailed)	,000	,000	,000	,000	.
		N	32	32	32	32	32

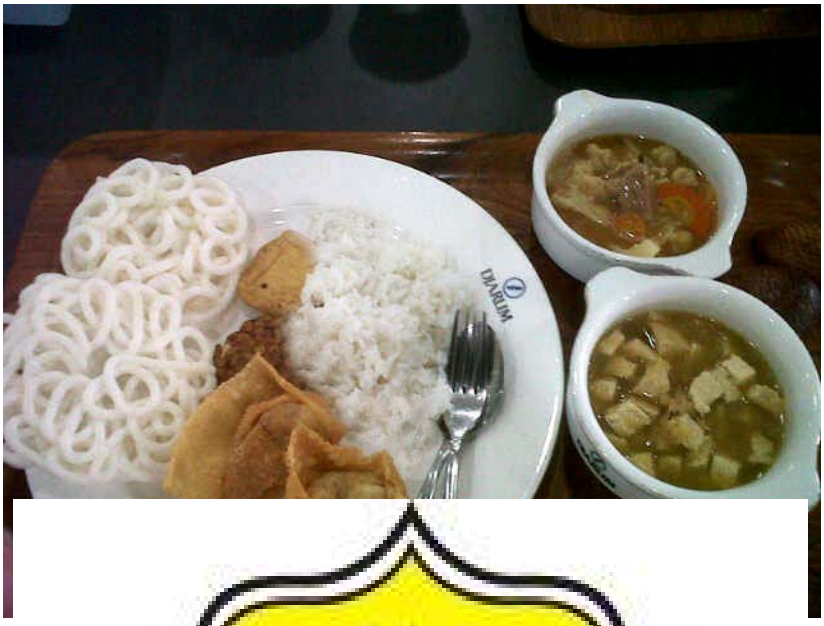
**. Correla

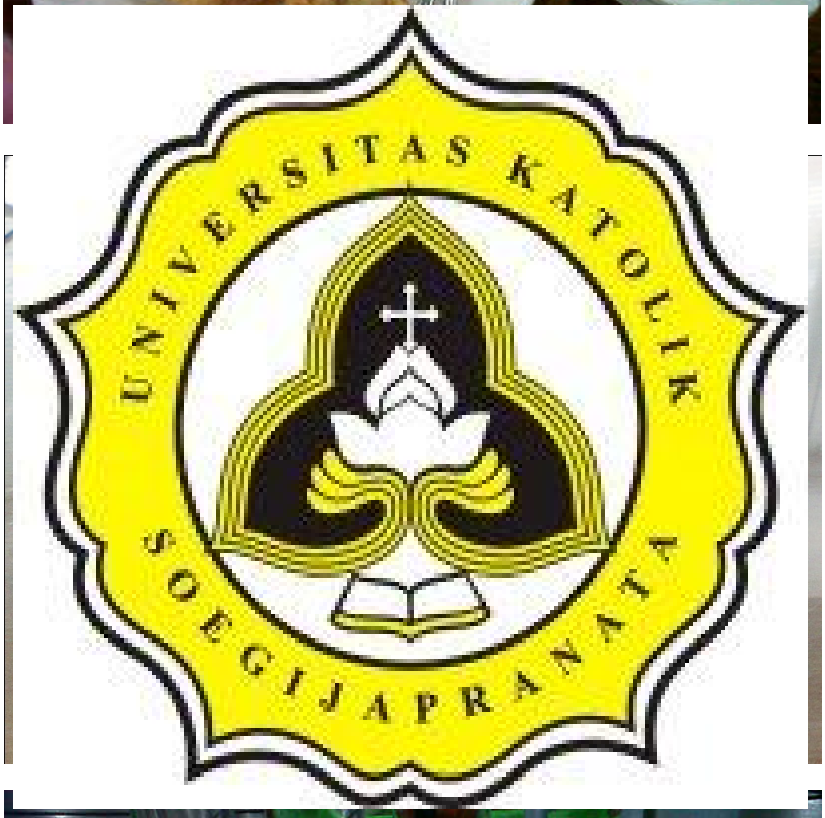
- Hubung Pengeluaran Energi,

			IMT	Umur
Kendall's tau_b		Correlation Coefficient	-,606**	-,581**
		Sig. (1-tailed)	,000	,000
		N	32	32
		Correlation Coefficient	,638**	,696**
		Sig. (1-tailed)	,000	,000
		N	32	32
		Correlation Coefficient	,745**	,728**
		Sig. (1-tailed)	,000	,000
		N	32	32
		Correlation Coefficient	,545**	,754**
		Sig. (1-tailed)	,000	,000
		N	32	32
		Correlation Coefficient	1,000	,556**
		Sig. (1-tailed)	.	,000
		N	32	32
		Correlation Coefficient	,556**	1,000
		Sig. (1-tailed)	,000	.
		N	32	32

**. Correlation is significant at the 0.01 level (1-tailed).

Lampiran 2. Foto Kegiatan Makan Responden di Asrama

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